

What I claim is:

1. A tracheostomy dilator comprising: a patient end region, said patient end region being curved, tapered and adapted for insertion through a tracheostomy to expand the tracheostomy as it is inserted; and a handle region at an end of the dilator opposite said patient end region, wherein said handle region is curved in an opposite sense from said patient end region.
2. A dilator according to Claim 1, wherein said dilator has a passage extending along it for receiving a guide member.
3. A dilator according to Claim 2, wherein a tip of said patient end region provides a substantially stepless transition with an outer surface of said guide member.
4. A dilator according to Claim 1, wherein said handle region has a substantially constant diameter along its length.
5. A dilator according to Claim 1, wherein said handle region has surface formations adapted to enhance grip.
6. A dilator according to Claim 1, wherein said dilator is moulded of a plastics material.
7. A dilator according to Claim 6, wherein said plastics material has a Shore hardness of substantially 90A.

8. A dilator according to Claim 1, wherein the radius of curvature of said handle region is substantially the same as that of said patient end region.
9. A dilator according to Claim 1, wherein the radius of curvature of said patient end is about 90mm.
10. A dilator according to Claim 1 including a coating of a hydrophilic material along its patient end region.
11. A tracheostomy dilator comprising one end providing a handle region and an opposite end providing a flexible, tapered patient end region for insertion to the trachea, wherein said dilator is smoothly curved along substantially its entire length with an S shape.
12. A tracheostomy dilator comprising: a patient end region, said patient end region tapering along its length; an intermediate region, said intermediate region tapering along its length substantially less than said patient end region; and a handle end region, said handle end region having a substantially constant diameter along its length, wherein said dilator has a passage extending within it and opening at a tip of said patient end region to accommodate a guide member along which said dilator is inserted to the trachea, wherein the wall thickness of said patient end region reduces towards a patient end tip such as to form a smooth transition with an outer surface of said guide member, and wherein said dilator is curved along substantially its entire

length to an S shape so that the dilator can be held in the hand and inserted into the trachea ergonomically.